

Katy Trail Challenge

Gives students a chance to use math skills in a real life application

Materials:

- 1 Katy Trail Challenge map poster for each class
- 1 Classroom Activity Record for each classroom
- 2 pedometers for each classroom
- Pedometer instructions
- Lesson plan on how to covert steps and minutes to miles (optional)
- 1 Katy Trail Challenge map for each student to take home
- MyActivity Pyramid handout for students (optional)
- MyActivity Log for students (optional)

How To Prepare For The Challenge:

- Explain to the students what and where the Katy Trail is (an old railroad track that was converted to a walking / biking trail across the middle of the state. It opened in 1996)
- Decide on your goal
 - How many weeks?
 - Will you complete whole 225 mile trail, or set a shorter distance?
 - Will you track actual miles of activity or do a "virtual journey"?
 - ***Set a goal that is challenging to your students!***
- Write teacher name, grade, and goal on class poster
- Put up class map poster either in classroom or common location like the gymnasium
- Try to have all participating classes in the school do the Challenge at the same time and compete with each other

During The Challenge:

- Give a pedometer to 2 students in each class every day. Alternate students so everyone has a chance to participate.
- At the end of the day, collect pedometers and have students write their minutes and/or steps on the Classroom Activity Record. List the total in-school activity of both students.
- If desired, each student can log their minutes of activity on their personal MyActivity Log
- Convert to miles and color the Katy Trail map poster. This can be done daily or in PE class, whatever works best for you.
- Encourage students and praise them for progress towards goal.

Below are a couple of options for reaching your classroom goal:

How To Reach Goal – Example 1:

- 12-week challenge – whole 225 mile trail
- 225 miles = about 19 miles per week = 4 miles per day
- 4 miles divided by 2 students = 2 miles per day for each student
- Miles can be figured from # of steps or # of minutes of physical activity:
 1 mile = about 2,400 steps, so 2 miles = about 4800 steps per student
 OR 1 mile = about 15 minutes of moderate to vigorous physical activity, so
 2 miles = about 30 minutes of physical activity per student

If you don't have 12 weeks, you could encourage students to be more active every day and reach goal faster!

How To Reach Goal – Example 2:

- "Virtual Journey"
- 2-week challenge
- Count every actual mile as 5 miles on the map, so 45 miles of activity = 225 miles.
 This is easy to chart because map is marked in 5 mile increments
- 45 miles = about 22 miles per week = about 4 ½ miles per day
- 4 ½ miles divided by 2 students = a little over 2 miles per day for each student

These are only examples. You may come up with another goal. The important thing is to set a challenging goal for your students and strive to meet it!

Note: If you want classes in the school to compete, they should all be working on the same goal.

Other schools have found that it works well for the PE teacher to take the lead in the Katy Trail Challenge part of the Extreme Health Challenge.